



Potato Latkes with Raspberry-Cinnamon Applesauce

 Vegetarian

READY IN



60 min.

SERVINGS



14

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 servings raspberry-cinnamon applesauce
- 1 cup knudsen cream sour
- 0.3 cup bread crumbs dry
- 3 eggs
- 0.3 cup oil divided
- 1 small onion cut into wedges
- 4 lb potatoes peeled cut into 2-inch pieces

1 tsp salt

Equipment

food processor

bowl

frying pan

paper towels

blender

aluminum foil

colander

Directions

Add potatoes and onions, in small batches, to blender or food processor container; cover. Process, using pulsing action, until potatoes are coarsely chopped. Spoon into large colander; drain 15 min., stirring occasionally.

Beat eggs lightly in large bowl. Stir in bread crumbs and salt.

Add potato mixture; mix well.

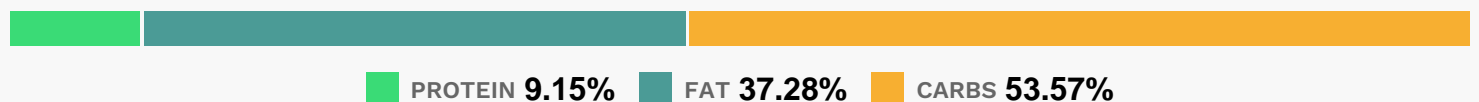
Heat 2 tsp. of the oil in large skillet. Spoon scant 1/4 cup of the potato mixture into skillet; press lightly with back of spoon to flatten. Repeat with the remaining potato mixture, cooking 4 or 5 latkes at a time. Cook 2 to 3 min. on each side or until golden brown on both sides.

Drain on paper towels.

Place on foil-covered ovenproof platter; cover to keep warm. Repeat with the remaining potato mixture, adding remaining oil to skillet as needed.

Serve with the sour cream and Raspberry-Cinnamon Applesauce.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:16.7, Inflammation Score:-4, Nutrition Score:9.7226087425066%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 195.72kcal (9.79%), Fat: 8.33g (12.82%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 22.85g (8.31%), Sugar: 1.98g (2.2%), Cholesterol: 44.77mg (14.92%), Sodium: 206.88mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin C: 26.12mg (31.67%), Manganese: 0.58mg (28.83%), Vitamin B6: 0.42mg (20.83%), Potassium: 598.89mg (17.11%), Fiber: 4.08g (16.34%), Phosphorus: 110.94mg (11.09%), Vitamin B1: 0.13mg (8.81%), Magnesium: 35.12mg (8.78%), Copper: 0.16mg (8.17%), Iron: 1.46mg (8.1%), Vitamin B3: 1.55mg (7.74%), Folate: 29.29µg (7.32%), Vitamin B2: 0.12mg (7.18%), Selenium: 4.46µg (6.38%), Calcium: 62.25mg (6.22%), Vitamin E: 0.92mg (6.16%), Vitamin B5: 0.61mg (6.07%), Vitamin K: 6.36µg (6.06%), Zinc: 0.63mg (4.17%), Vitamin A: 161.86IU (3.24%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.19µg (1.26%)